

Breakout Group: Community Based Programs and Resources

## RI Summit: Healthy Living & Active Living Collaborative

### **Breakout Group:** *Community Based Programs and Resources*

Please choose your top five objectives, then **rank** (1-5) according to priority, with 1 being your top priority.

- \_\_\_ 1.) Increase the number of communities that provide culturally and linguistically appropriate weight management and/or obesity prevention programs.
- \_\_\_ 2.) Increase the number of community based organizations that implement culturally and linguistically appropriate nutrition education programs that teach hands-on cooking and meal-planning skills.
- \_\_\_ 3.) Increase the number of WIC agencies that implement a breast pump distribution program.
- \_\_\_ 4.) Increase the number of after school programs that implement policies or programs that encourage physical activity.
- \_\_\_ 5.) Increase the number of schools that provide families with opportunities to be physically active.
- \_\_\_ 6.) Increase the number of communities that have free or low cost opportunities for structured physical activity.
- \_\_\_ 7.) Increase the number of communities that have new or revitalized parks or trails.
- \_\_\_ 8.) Increase the number of community-based organizations that implement policies or programs to reduce screen time.
- \_\_\_ 9.) Increase the number of communities that implement healthy eating and active living campaigns.

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Community Based Programs and Resources*

**Topic Area:** *Healthy Weight*

*1.) Increase the number of communities that provide culturally and linguistically appropriate weight management and/or obesity prevention programs.*

### **Example Strategies:**

- 1.) Create partnerships between community based organizations, e.g., faith-based organizations, YMCA's, minority health promotion centers, community health centers and groups that have either developed or implemented obesity prevention or weight management programs (e.g., health insurers, academic research groups, the Diabetes Program, hospitals).
- 2.) Identify and disseminate programs to community-based organizations, and provide staff training for implementation.
- 3.) Collaborate with Diabetes Educator Program to expand training of peer counselors, and provide toolkits and resources to assist in training program.
- 4.) Assist in identifying funding and staff to assist with implementation of programs; Work with Food Stamp Nutrition Education Program to increase federal funding through matching requirements.
- 5.) Assist in adapting existing programs to be culturally and linguistically appropriate for the populations being served.

### **Additional Strategies:**

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**Breakout Group:** *Community Based Programs and Resources*

**Topic Area:** *Healthy Weight*

*2.) Increase the number of community based organizations that implement culturally and linguistically appropriate nutrition education programs that teach hands-on cooking and meal-planning skills.*

### **Proposed Strategies:**

- 1.) Partner with the Diabetes Multicultural Coalition, the URI Cooperative Extension Service, the Food Stamp Nutrition Education Program, Johnson & Wales, Minority Health Promotion Centers, YMCAs, Kids First , etc. to increase the number of community based nutrition education programs that provide hands-on opportunities to learn healthy cooking and meal planning skills.
- 2.) Increase the number of programs in Minority Health Promotion Centers, faith-based organizations, YMCA's, Meals on Wheels and Congregate Meals sites for the elderly, WIC agencies and other community-based organizations.
- 3.) Provide programs, toolkits, recipes and other resources to community-based organizations to assist in program implementation.
- 4.) Provide technical assistance, including resource identification to fund these programs.

### **Additional Strategies:**

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**Topic Area:** *Breastfeeding*

3.) *Increase the number of WIC agencies that implement a breast pump distribution program.*

### **Example Strategies:**

- 1.) Partner with local WIC agencies.
- 2.) Advocate for the increased availability of breast pumps through WIC local agencies.
- 3.) Partner with private pump distributors to assist in implementation of breast pump distribution program in WIC local agencies.
- 4.) Develop policies, protocols and training materials for WIC staff and pumping clients
- 5.) Identify potential funding sources for breast pump distribution program.
- 6.) Train local WIC agency staff on pump distribution and education.
- 7.) Develop a statewide policy for breast pump distribution through the local WIC agencies.
- 8.) Provide training to local WIC agencies on implementing breast pump program.
- 9.) Provide ongoing technical assistance to WIC agencies regarding breast pump program.

### **Additional Strategies:**

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## RI Summit: Healthy Living & Active Living Collaborative

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**Topic Area:** *Physical Activity*

4.) *Increase the number of after school programs that implement policies or programs that encourage physical activity.*

### **Example Strategies:**

- 1.) Build partnerships with groups working in before and after school care (e.g., After School Alliance, HSC, Jackie Ascrizzi).
- 2.) Mobilize communities around the need for after school care, especially in underserved areas and the need for after school PA.
- 3.) Encourage ASPs to join HCS.
- 4.) Train ASP providers on programs like SPARK AS.
- 5.) Provide ongoing TA to sites using the program.
- 6.) Advocate for low cost ASPs that provide PA and policies that institutionalize ongoing training.
- 7.) Provide ASPs with guidelines and best practices, including model policies for programs to set aside time, require regular training, etc.
- 8.) Develop an ASP award program to include incentives for ASPs to include publicity or advertising of PA.
- 9.) Educate ASP administrators about the benefits and ease of PA in the ASP setting.
- 10.) Secure funding for curriculum and training.
- 11.) Develop ASP campaign, using After School Alliance PSAs.
- 12.) Develop ASP parent guide that includes all RI after school programs that have PA programs.

### **Additional Strategies:**

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**Topic Area:** *Physical Activity*

5.) *Increase the number of schools that provide families with opportunities to be physically active.*

### **Example Strategies:**

- 1.) Partner with community centers to bring programs onsite like YMCAs.
- 2.) Mobilize community around schools as a PA resource.
- 3.) Communicate through local papers, media and school newsletters.
- 4.) Include in parents engagement piece of toolkit.
- 5.) Provide ongoing TA.
- 6.) Advocate for schools opening facilities to communities or linking with existing programs for the community.
- 7.) Develop model policies.
- 8.) Research liability issues.
- 9.) Research initiatives in other states.

### **Additional Strategies:**

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**Topic Area:** *Physical Activity*

6.) *Increase the number of communities that have free or low cost opportunities for structured physical activity.*

### **Example Strategies:**

- 1.) Partner with MHPCs, YMCAs, CBOs, private fitness centers, youth-serving community centers like B&G or Salvation Army.
- 2.) Mobilize community walking clubs, fitness centers with reduced price community classes, fitness centers that sponsor community events for PA, and community centers that offer classes (e.g., SPNM).
- 3.) Develop a lay PA trainer program or utilize YMCA walking leader training, *Growing Stronger* training and program, etc.
- 4.) Provide ongoing TA.
- 5.) Advocate for free and low cost programs.
- 6.) Provide model programs.
- 7.) Assist groups in securing funding for programs such as *Growing Stronger*, pedometer programs, walking clubs, *Strong Women*, and *Hearts N Parks*.
- 8.) Assist communities in publicizing programs.

### **Additional Strategies:**

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**Topic Area:** *Physical Activity*

7.) *Increase the number of communities that have new or revitalized parks or trails.*

### **Example Strategies:**

- 1.) Partner with Greenways, DOT, Planning, DEM, Sierra Club, municipalities and Parks and Recreation Departments.
- 2.) Mobilize communities to place high priority on their recreation resources, and to develop trails to trails or connecting trails.
- 3.) Provide TA.
- 4.) Advocate for green space and maintenance funding.
- 5.) Link facilities to ongoing programs and organizations for continued support, while considering non-traditional spaces (e.g., farms, schools).
- 6.) Provide model regulations for comprehensive plans that include conserving open space, building parks and trails, and ongoing maintenance.
- 7.) Include in Governor's award.
- 8.) Educate residents and decision makers about park benefits.
- 9.) Assist organizations with grant applications for park renovation, as well as programs such as *Step Up to Health* or *Hearts N Parks*.
- 10.) Develop a parks and trails campaign.
- 11.) Sponsor park clean ups.
- 12.) Use media at renovations and new facilities.

### **Additional Strategies:**

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## RI Summit: Healthy Living & Active Living Collaborative

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**Topic Area:** *Screen Time*

8.) *Increase the number of community-based organizations that implement policies or programs to reduce screen time.*

### **Example Strategies:**

- 1.) Partner with YMCAs, Boys and Girls Clubs, faith-based and other community agencies that serve youth.
- 2.) Mobilize parents to advocate for more PA and less screen time in the places their children attend.
- 3.) Supply organizations with model programs, practices and guidelines.
- 4.) Provide leader trainings for staff implementing programs like *Planet Health*.
- 5.) Develop and supply toolkit for TV Turnoff week.
- 6.) Run a campaign to promote TV Turnoff Week.

### **Additional Strategies:**

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## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Community Based Programs and Resources*

**Topic Area:** *Communications and Media*

9.) *Increase the number of communities that implement healthy eating and active living campaigns.*

### **Example Strategies:**

- 1.) Partner with community coalitions to develop and implement campaigns.
- 2.) Partner with Brown's Institute for Community Health Promotion to implement successful campaigns used in the *Pawtucket Heart Health Program*.
- 3.) Adapt existing interventions to be culturally and linguistically appropriate for populations served.

### **Additional Strategies:**

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